



CREATIVE OPTIONS
COMMUNITY PROJECT

Reg. Charity No.
1169194

'Coping with the Challenge of Christmas'

taking charge of our Christmas and planning a positive experience together

Alcohol

Memories

loneliness

Bereavement

Relationships

illness

Food

Money



dreamstime.com

frances.anne@btinternet.com 07850189069

Member's forum
Discussion and talk
Wednesday 7th
December
From 11.30 a.m. -
12. 30 p.m.

Thursday 15th
December Women's
Christmas social
outing 3 p.m.

Friday 16th
December fork
buffet at Central
Baptist Church
(£6.00)

Wednesday 21st
December Christmas
meal at the Giddy
Bridge 7 p.m.

Thursday 22nd
December 2. 30 p.m.
Christmas nibbles &
Christmas relaxation
With Frances

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Practical sessions to help!

Friday 11th, 18th
November & 8th
December

Seasonal cookery with
Julie

Wednesday November
16th and November
23rd—Making
Economic Christmas
Crafts and gifts
together

Wednesday November
30th and throughout
November—
opportunity to make
Christmas cards.
Wednesday November
30th and December
14th

Making Pottery gifts

Christmas has existed since the Christians decided to adopt an original pagan winter festival, which had happened for many years and made it the time they celebrated Christ's birth. Christmas is celebrated all over the world in many cultures; including cultures which do not regard themselves as Christian. Many people enjoy Christmas immensely and look forward to it so much. Some even count the days and it has been known for individuals to try and celebrate Christmas every day because they like it so much.

Christmas and the stress surrounding Christmas is a well researched phenomenon. It is a fact that Christmas is No. 11 of 100 elements on the T. Holmes stress scale. Christmas can be particularly stressful to people who are alone and those who maybe have experienced particular difficult times at this time of the year, such as bereavement or separation. It is well known that Christmas can be particularly stressful to people with mental health issues. For some, it is because it emphasises their aloneness, or because they feel they have to spend time with people they find difficult; or in circumstances that tend to make their mental health issues worse. For whatever reason; some people dread this annual season and seem powerless to change the way they feel. This course is aimed at providing some interesting and educational facts about Christmas and exploring together the meanings of Christmas, involving personal meanings of this season, the idea of celebration and community. The course is aimed at helping people to put in place strategies which will help them have a more positive experience this year.

The course will involve teaching, discussion, sharing and goal-setting and will end with a social event involving a form of celebration around a meal which the group will plan together.

For further information and to book please call frances on 07850189069 or e-mail frances.anne@btinternet.com

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